

What is claimed is:

1. A method for preparing instant dried alpha-rice, comprising the steps of:

- 5 (a) washing milled rice with water in a washer to remove impurities adhered to the shell of the milled rice;
- (b) soaking the washed rice in water for 3~120 minutes to evenly absorb water, followed by dehydrating in air for 3~30 minutes;
- 10 (c) charging the dehydrated rice into a continuous rice cooker while maintaining the water temperature at 80~98 °C, followed by hot water treating for 8~20 minutes to prepare boiled rice;
- (d) quickly cooling the boiled rice using a shower, followed by washing in a cooling tank; and
- 15 (e) placing the washed boiled rice in a vacuum drying chamber while maintaining the internal temperature at 60~98 °C, and vacuum drying at an internal pressure of 1 torr or lower to maintain water content of the boiled rice at 1~5% or less.

20 2. The method for preparing instant dried alpha-rice according to claim 1, wherein the soaking is carried out for 10~60 minutes, and the dehydration is carried out in air for 3~20 minutes.

25 3. The method for preparing instant dried alpha-rice according to claim 1, wherein the dehydrated rice is charged into a continuous rice cooker while maintaining the water temperature at 90~98 °C, and the hot water treatment is carried out for 8~15 minutes to prepare boiled rice.

30 4. The method for preparing instant dried alpha-rice by a vacuum drying process according to claim 1, wherein the dried alpha-rice has an alpha-starch content of 92% or higher.